



March 17, 2014

Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Island Intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

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Treat America Offers New Dining Experience Beginning in April

People dining at Rock Island Arsenal are in for some new treats -- Treat America, a new contractor is taking over food services at Arsenal facilities. Food operations in buildings 60, 212 and 350 will be closed on April 4 to allow for the transition to the new contractor. The cafeterias in buildings 212 and 350 will reopen for normal business on Monday, April 7.

Whereas, the food court in Bldg. 60 will remain closed from April 7 through April 18, for remodeling, and will reopen April 21. Treat America, a national food service company operates more than 120 restaurants in 16 states, plans to streamline and modernize food service at Arsenal Island, according to site manager Camellia Austin. She said Treat America is a company "run by chefs" that emphasizes food quality. The

biggest change customers will see, however, is in the way food is ordered and served. Customers will enter their orders into a self-service, touch-screen kiosk, which will also charge for the meal via either a credit/debit card or a "CK card" issued by the contractor. Customers can then go forward to where



Treat America
FOOD SERVICES



"HOME OF US ARMY LOGISTICS"

the food is prepared to receive their order and interact with the kitchen personnel. ([More](#))

Arsenal Breaks Ground on 61 Million Dollar Energy Savings Project: The Rock Island Arsenal Joint Manufacturing and Technology Center (RIA-JMTC) broke ground today on a \$61-million infrastructure modernization project. The project will support critical infrastructure improvements at the industrial facility that will cut energy use by approximately 35 percent, and generate up to \$5.3 million in annual energy and operational savings. ([More](#))



RIA First Responders Save Lives On/Off the Island: Rock Island Arsenal's fire department sits across Rodman Avenue from the Army Sustainment Command headquarters and houses the men, women and equipment responsible for emergency first response on the island. It starts with a call. When 9-1-1 is dialed on the island, it connects directly to the



dispatch center in building 225 on Rodman Ave. ([More](#))

First Army Soldier Receives Knighthood: A First Army senior noncommissioned officer and recipient of two Purple Hearts was recently knighted into an elite military organization. Sgt. 1st Class Scott D. Smith of San Antonio became a member of the Honorable Order of Saint George and received the Order's Silver Medallion in a ceremony Feb. 28 at the Rock Island Arsenal Clubhouse. Induction into the Order recognizes a long and distinguished career by a member of the United States Armor Association. ([More](#))



Congress Told Army Needs Another BRAC Round: The Army has excess infrastructure that is expensive to maintain. Under a tight budget, funds used to maintain that infrastructure could be better spent on Soldier readiness, officials told lawmakers, Wednesday. Katherine Hammack, assistant secretary of the Army for Installations, Energy and Environment,

Upcoming Dates

March 20-21: Pet Vaccine Clinic, Bldg. 225 Bays,
March 20: AAFES and PX Advisory Committee, 1 p.m.
March 20: First Day of Spring (Vernal Equinox)
March 26: Women's History Month Observance, Heritage Hall, Bldg. 60, 1-2 p.m.
March 27: Community Information MTG, Arsenal Island Golf Clubhouse, 9 a.m.
March 27: RIA General Officer Board of Directors, Arsenal Island Golf Clubhouse, 3 p.m.
March 27: Right Arm Night, 4:30 p.m.
April 4: Installation Planning Board, Baylor Conference Room, 10 a.m.
April 5: ACS & CYS Child Abuse Awareness and Recognition of Month of Military Child Expo, Fitness Center, 10 a.m. – 1 p.m.
April 6-11: Volunteer Appreciation Week
April 8: Holocaust Remembrance Day
April 8: Installation Volunteer Ceremony, Heritage Hall, 1 p.m.
April 8: RIA Community Special Events Planning Mtg. Heritage Hall, 1 p.m.
April 8: Crime Victim Awareness Day
April 8-10: DA Photo Studio
April 9: Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.
April 12: Free Spring Vehicle Inspection, Bldg. 351 Auto Craft Center, (TBD)
April 12: Easter Bunny at Commissary
April 12: QC Bandits Race to Home 5K Run, Government Bridge, 8 a.m.
April 16: Employment/Education Event, Heritage Hall, 9 a.m.
April 16: QC Honor Flights, Moline International Airport
April 17: Sexual Assault Review Board, Bldg. 390, 10:15 a.m.
April 19: RIA Easter Egg Hunt at Memorial Park, 10 a.m. - 1 p.m.



testified before the House Appropriations Committee, subcommittee on military construction, veterans affairs and related agencies. She and her counterparts from the other services and DOD explained the need for another round of base realignment and closure, known as BRAC. ([More](#))

Reviews Recommend Big Changes in Installation Security:

Representatives of review panels that looked at last year's shooting rampage that left 12 workers dead at the Washington Navy Yard briefed Pentagon reporters today on their recommendations. Defense Secretary Chuck Hagel appointed an independent panel co-chaired by retired Navy Adm. Eric Olson and former Assistant Secretary of Defense Paul Stockton to take a bigger-picture look at the challenges of revamping the security clearance process in the United States. ([More](#))



Training Takes Top Priority In

Budget Decisions: "You have to commit to training up front. You can never buy it back," said Lt. Gen. Joseph

E. Martz, a top architect for the Army budget. Martz, military deputy for the budget, Office of the Assistant Secretary of the Army (Financial Management & Comptroller), cited retired Army Maj. Gen. William Stofft's book, "America's First Battles: 1776-1965," which illustrates the correlation of good training to success on the battlefield. ([More](#))

Army Prepares to Undergo Its First Large-Scale Financial Audit:

The Army says within the next few months, it will assert that a large chunk of its financial statements are ready to undergo an audit. That forthcoming claim is the result of incremental progress the service says it has been making toward getting its books in order for the past several years. While asserting audit readiness and actually passing an audit are two very different things, the Army thinks it has beefed up its internal controls to a sufficient level that it's ready to submit its full current-year statement of budgetary resources (SBR) to the scrutiny of outside auditors. ([More](#))



Lawmakers Want to Cut 115,000

Civilian Defense Jobs: A group of Republican lawmakers are proposing to slash the civilian workforce at the Defense Department by 15 percent, a move they estimate will save \$82.5 billion over five years. The Rebalance for an Effective Defense Uniform and Civilian Employees, or REDUCE, Act would cut nearly 115,000 jobs from the department, from the current 770,000-person workforce down to about 655,000. Rep. Ken Calvert, R-Calif., who introduced the measure, said the Defense workforce has become unnecessarily bloated over the last decade. ([More](#))



MSPB Seeking Research Ideas:

Federal employees who have concerns about major workforce management issues will have a chance to ask the Merit Systems Protection Board to conduct research on those topics. MSPB on March 20 announced that over the next several weeks it will solicit



ideas for future research from federal employees and supervisors, unions and other employee groups, federal human resources directors and other stakeholders. ([More](#))

Forget March Madness If You're a Government Worker: Bracket Fun Off Limits In Federal Facilities:

If you're a federal workers who is all excited about your 2014 NCAA basketball tournament picks, this might put a damper on your day. March Madness isn't for federal employees, at least not on work hours, an attorney warns. ([More](#))



Community Information Exchange:

All members of the Rock Island Arsenal community are welcome to attend this informative new forum Thursday, **March 27**, at 9 a.m., where you can learn about upcoming events and programs for the entire family as well as helpful information about your community. The



Info Exchange will be held at the Arsenal Island Golf Clubhouse. Call (309) 782-0828 for more information.

Right Arm Night: Right Arm Night will kick off at 4:30 p.m., on Thursday, **March 27**, so finish up the workday by bringing your employees in for a drink to say thanks for all that they do for your organization. Open to the public and everyone is welcome so this will be a great event to meet and mingle with other folks from around the RIA and Quad Cities communities. Call (309) 782-6319 for more info.



Passport Services Cease: Effective **April 1**, the LRC Transportation Office will not have the resources to offer Passport Services. Beginning **April 1** patrons must contact the following Installations for assistance: Fort McCoy, Wis., (608) 388-6549; Offutt Air Force Base, Neb., (402) 232-6035; Fort Leonard Wood, Mo., (573) 596-1276; and Naval Station Great Lakes, Ill.,



(847) 668-5550 Ext. 335. All applications submitted or actions underway will be completed before this time. If you have an application which is being processed or require other passport services or information please contact Clint Bostick, (309) 782-1355, before **March 24**.

AESD Service Request Management

Self Ticketing: The Army Enterprise Service Desk now has an option to submit IT support tickets online. You can submit a ticket for yourself or on behalf of someone else, and then log back into the site to check the current status of your ticket. The AESD SRM Self Ticketing site is live and available for immediate use. Starting Tuesday **April 1**, AESD SRM Self Ticketing will replace email ticket requests. Any email requests sent to the RIA Service Desk mailbox will not be forwarded, and senders will be asked to use the Self Ticketing site. As always, you can also call AESD at 1-866-335-ARMY (2769) to submit a ticket request. For more information and instructions on how to use the AESD SRM Self Ticketing site, use the new



RIA Support Files tool or get a how-to guide on the NEC Portal at <https://it.ria.army.mil/customerTraining.aspx>

NEC-RIA Support Tools: The NEC-RIA has created a new tool that puts some of our most frequently used documents and resources right on your computer, so you can access them no matter where you are. Click the Start menu, then select All Programs and look for the _RIA Support Files folder. Resources include: • AESD Service Request Management Self Ticketing (link to the site and user guides for submitting tickets); • Cisco VPN instructions (how to connect to an off-island network and then to the RIA network); • Drive Map (reconnects your network drives if they drop off, such as your P: drive); • My IT Information (displays information about your user account and computer that can help you submit a ticket or troubleshoot with a technician); • NEC Additional Training Documentation (links to all of the user guides on the NEC's portal)



Arsenal Attic Thrift Shop: Shop at the Arsenal Attic Thrift Store every

Tuesday, Thursday and 3rd Saturday, 9 a.m. – 3 p.m. POC: (309) 782-6977.

Youth Summertime Activities Expo:

In honor of Child Abuse Prevention Month and Month of the Military Child, the Rock Island Arsenal Family Advocacy Program and Child, Youth and School Services will be hosting the 2014 Youth Summertime Activities Expo Saturday, **April 5**, 10 a.m. - 1 p.m., in the Fitness Center on Rock Island Arsenal. The event will kick off with a Child Abuse Prevention Month proclamation signing and presentation of the pinwheel garden to raise awareness of this important social issue. This event is free and open to the public. The purpose of the Youth Summertime Activities Expo is to provide information to area residents on the opportunities available to families of children 0-18 years of age during the summer months. The Expo will host agencies in four major categories, summer fun and activities (free and fee-for-service), day and resident camps, volunteer opportunities and education. Each organization in attendance will



have a small game or craft activity for the children in attendance. Food from the grill will also be available for purchase from one of the local Family Readiness Groups on the lawn outside. Call (309) 782-3049 for more info. ([Flyer](#)) Vendors from area organizations will be there to help you find the right activities to keep your child and family busy all summer long. The Expo will have vendors from four major categories: summer fun and activities; day and resident camps; volunteer opportunities; and education. All booths will have crafts and activities for children to do at the event plus there will be food available for purchase at the Island Oasis. QCA Children are invited to help "plant" a pinwheel garden with the Child Abuse Council, 8:30-9:30 a.m., in honor of Child Abuse Prevention Month. The pinwheels stand for the chance at the healthy, happy and full lives all children deserve. The pinwheel garden will remain in place for the entire month of April. For more information about a booth or the Expo contact [Katie Mettee](#) at (309) 782-2165.

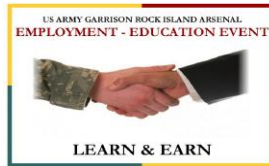
RIAWC Funding Requests: The Rock Island Arsenal Welcome Club Community Support chairperson is accepting funding requests from area nonprofit organizations until **April 1**.



Money for the Community Support fund is raised through club activities such as the Arsenal Attic and other fund raisers. All nonprofit organizations, including those who have never received RIAWC funding in the past, are welcome to apply. If you have received funds in the past, you must submit a new application each year. Applications can be downloaded from our [website](#) and must be postmarked no later than **April 1**. For more information call Rebecca at (563) 940-5158.

RIA Army Education Center Co-Hosting Employment-Education

Event: The U.S. Army Garrison-Rock Island Arsenal is hosting a combined Employment-Education Event on Wednesday, **April 16**, 9 a.m. to 2 p.m., in Heritage Hall, Bldg. 60. If you missed our last big Event in September, mark your calendars now. This event combines our education fair with our employment event. We will have expanded employer participation, veteran service organizations to assist with resources and resume development and up to 20 local and online academic institutions in attendance to provide information



regarding educational opportunities for Soldiers, veterans, family members and government employees. A brief list of schools and organizations attending includes: Black Hawk and Scott Community colleges, Western Illinois, St. Ambrose, and Upper Iowa universities, American Intercontinental, Ashford, and Kaplan universities, Palmer School of Chiropractic and Trinity School of Nursing and Health Sciences, the U.S. Small Business Administration, Iowa National Guard Family Assistance program, and more. Please join us to learn more about educational opportunities and how they can benefit you. Point of contact: [Stephanie Allers](#), or (309) 782-5895 for further information.

Army Family Team Building Brown Bag Seminars: Bring your lunch and take Level (K):

Knowledge of the Military one class at a time during your lunch hour. Each Tuesday lunch hour 11:35 a.m. – 12:25

p.m., **Jan. 21 through March 25**. Classes held at Army Community Service (ACS), Bldg. 110. To register call ACS (309) 782-0829 or on [TEDs](#).



Please register no later than one day prior. ([Flyer](#))

VIOS Schedule for April and May:

Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **April 22, 23 and 24**; and **May 6, 7, and 8** (Note changes to previous April dates). Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order,



signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Stand Down for Homeless Vets Taco

Dinner: A fundraiser to benefit the Bridging the Gap QCA, Inc. – Stand Down for Homeless Vets will take place **March 26**, 5-7 p.m., at the American Legion Post 246 located at 1623 15th St., in Moline. A \$5 donation for taco funds will be used for operations costs of Stand Down 2014. For more information contact Mike Malmstrom at (309) 269-2012.

Blood Drives: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, April 11 & 21, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning



at **6:30 p.m. on April 25**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on May 16**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))

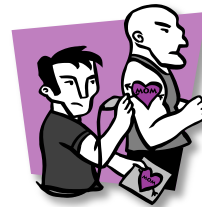


Charlie Corpuscle Says, "Can

you donate blood if you have recently gotten a tattoo? Yes!

As long as you went to a licensed facility for the

procedure. If the facility you went to was licensed, there is no waiting period before you can again donate blood."



The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

AUSA Annual Golf Outing: Save the date -- the 2014 Rock Island Arsenal Chapter of the Association of the US Army will once again have its annual golf outing "A Round For Our Soldiers" on **July 17**, at 12 p.m., at the Arsenal

Island Golf Course. Proceeds support Soldiers, civilians, families, local chapter activities, and the Army Emergency Relief Fund.

Boundless Playground Dedication & Army Family Covenant Signing

Ceremony: The Rock Island Arsenal is the new home of a "[Boundless Certified Playground](#)"



providing a truly inclusive facility where children and adults of all abilities can play and learn together. The Arsenal Island workforce and Quad-Cities community is invited to the Boundless Playground dedication & Army Family Covenant signing ceremony on Monday, **April 21**, at 10 a.m., at the new Memorial Park playground area. Event parking will be located behind Memorial Field across the street from Bldg. 110. The new Boundless Playground provides a world of opportunity where children along with their parents, caregivers, military veterans, and family members have the opportunity to play side by side and gain the developmental and health benefits derived from unstructured play in an inclusive environment. The playground includes: ramped wheelchair access to the highest platform center, universally



accessible pathways and surfacing, activity transfers that maximize accessibility, a swing with back support, elevated sand tables and activity panels, and activities for the hearing and visually impaired. A Boundless Playground provides a learning and growing environment so children develop a lifelong respect for and acceptance of individuals of all abilities. ([More](#))

Arsenal Island Employee Local

Discounts: *The following discounts are exclusively available to Arsenal Island employees –*

Peachwave Frozen

Yogurt: Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount everyday to all military and veterans. **The Slice:** Right off the Moline Bridge exit, is offering \$2 off their pizza buffet with drink to Rock Island Arsenal workers. **Double Tap**

Firearms: Double Tap Firearms offers a 10 percent firearm discount and \$15 firearm transfer fee in Illinois to active duty and retired military personnel in the QCA ([🔗](#)). **Bennigan's Rock Island:** Arsenal employees, service men, service women you are always welcome at Bennigan's in Rock Island, and to show you how much your welcome here, we offer a 25 percent discount off your meal, any day any time ([🔗](#)). **New Life**

Chiropractic Clinic: Arsenal Island employees, we're offering you a 20 percent discount on our services ([🔗](#)).

Goebel Family Dentistry: Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit ([🔗](#)). *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Feeding Deer on Post: Per the Illinois Department of Natural Resources:

Illinois residents and visitors are to refrain from feeding wild deer and other wildlife in areas where wild deer are present. A ban on feeding wild deer was enacted in 2002 as part of the state's continuing effort to limit the spread of Chronic Wasting Disease in the Illinois wild deer herd. The ban includes food, salt, mineral blocks and other food products. "Making food and mineral products available where wild deer are present is a petty offense carrying a maximum \$1,000 fine." Recently unknown persons have taken



to placing corn on an empty stump near Rodman Avenue just short of the cemetery. Deer are beginning to congregate in this area increasing the potential for a vehicle to hit these deer as they cross the way. These actions are not only illegal, but are also creating an extreme hazard for personnel driving onto the island. We have children that wait for the buses in the morning that could be struck by a swerving vehicle should these deer begin to run across the road more frequently. There is also the potential that other animals will begin to gather around this area with a potential for having rabies. Please refrain from feeding the wild animals on the Arsenal. Should residents or workers on the Rock Island Arsenal be caught performing this activity, they will be charged to the full extent. Additional charges could also apply: "If the investigation reveals that the bait was hunted over, the violator is subject to an additional Class B misdemeanor ticket, which may result in up to six months in jail and/or a fine of up to \$1,500, seizure of any items used for the hunt and loss of hunting privileges."

←-----→

Arsenal Traffic/Construction



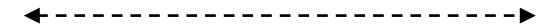
Safe Driving on Arsenal Island: From the Garrison Commander ☞ "This morning (Thursday, March 6), at approximately 0530, a woman in a silver sedan failed to come to a complete stop at the stop sign located at the intersection of East and North streets. She did this while I was in the crosswalk on North Street. Even after seeing me in the crosswalk she continued to accelerate through her turn as if I were not there. I yelled at her to stop but she only seemed confused as to why I was yelling at her. I am sending this message because this is the seventh time this has happened to me in the nine months since my arrival on Rock Island Arsenal. I have also received numerous reports of similar scenarios happening to other island employees and residents. It is a common practice for drivers on the Arsenal to slowly roll through intersections with clearly marked stop signs. This practice is jokingly known as a 'California stop' in many areas around the country. But this is no joking matter. Illinois state law requires drivers to come to a complete stop before proceeding through an intersection marked with a stop sign. The state of



Illinois also grants pedestrians the 'right of way' when utilizing a properly marked crosswalk on a public street. This means that motor vehicle operators are required to stop to allow pedestrians to clear a crosswalk before proceeding through intersections. RIA law enforcement personnel will be out in force to ticket violators who either fail to obey stops signs or likewise fail to stop when pedestrians are in crosswalks. I ask employees who experience similar incidents to record the license plate number along with state information of violators and report it to the Island police. I also ask island leaders to reinforce to your employees the importance of obeying the traffic code on and off the island. I would like organization safety officers to send a like message to those you are responsible for. The purpose of the traffic code is to ensure safety on the roads of the Arsenal. It empowers each of us to be a safety officer and to watch out for each other. It should be the goal of each Arsenal Island employee to prevent a potentially deadly accident involving a motor vehicle and a pedestrian." – Col. Elmer Speights, Jr., Garrison Commander, Rock Island Arsenal

Future Ft. Armstrong Construction:

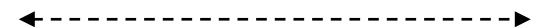
In the upcoming construction season, Rock Island Arsenal will be performing work on the intersection of Ft. Armstrong Drive and Rock Island Drive. This work will result in a full vehicle closure for the Installation's Rock Island Gate and Rock Island Viaduct, as well as restricting vehicles crossing the Government Bridge to "Installation-only" traffic. The American Discovery Trail will remain open. Construction is expected to last approximately two months, barring major weather delays. The exact construction start date is currently unknown. However, we have been coordinating with external agencies in an effort to minimize impact to the surrounding communities.



Building/Space Closures



No Building/Space Closure related announcements this week.



Active Duty/Reserve Zone



Military Spouse Fun Night: Calling all military spouses! This evening is planned just for you. Join us for an

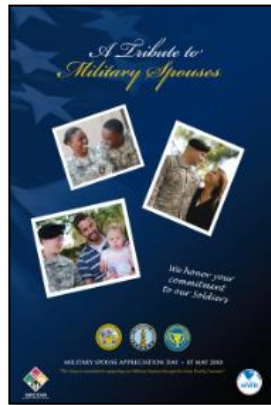


opportunity to have some fun, make some new friends, and meet other military spouses. We will be making a greeting card and gift tag with a fee of \$5 for supplies. If you prefer not to do the craft, join us anyway for a relaxing evening getting to know other military spouses. Light refreshments will be hosted by the USO. The event is being held at Army Community Service/USO Center, Bldg. 110, 1st Floor, SE Wing. Please RSVP to [Jan Saito](#) at (309) 782-4736.

Date: **Tuesday, March 25**
Time: **6 p.m.**

Military Spouse Appreciation Day:

Friday, **May 9**, is National Military Spouse Appreciation Day, a day to recognize the efforts of all our military spouses. On that day, the Army Community Service is holding an observance event for National Military Spouse Appreciation Day 1-4 p.m., at the Arsenal Clubhouse. RSVP is required by contacting Army Community Service at



(309) 782-0829. Availability for first 25 reserved spaces. ([Flyer](#))

SMA Chandler: Fewer Deployments, More Training In Army Future:

Sgt. Maj. of the Army Raymond F. Chandler III spent Thursday and Friday at Fort Stewart, observing training and talking to Soldiers about the future of the Army. Changes are coming to the Army by way of a refined budget, fewer deployments and an overall reset and evaluation of our Soldier assets. These were some of the topics discussed during Chandler's visit to the home of the 3rd Infantry Division. ([More](#))

Ready and Resilient: Post Deployment Health Assessment:

The Post Deployment Health Assessment (DD Form 2796) commonly known as the PDHA is the second in a series of deployment health assessments (DHAs) administered to Soldiers and Department of the Army (DA) Civilians during the deployment cycle. The PDHA is taken 30 days before or after redeployment and addresses physical injuries, environmental exposures and behavioral concerns that may have been sustained during the deployment. Once a Soldier completes the DD Form 2796, he/she schedules a one-on-one appointment with a health care provider to discuss

their responses in a confidential and private setting. During the confidential conversation, the Soldier is given the opportunity to discuss health concerns and may be referred to specialty care, treatment or rehabilitation services to treat identified health threats and/or physical injuries. ([More](#))

Pentagon Reviews Will Focus on

Military Medals: The Pentagon has begun three separate reviews on how military medals are awarded. The move follows criticism over the military's inability to recognize heroism in incidents such as the Fort Hood shootings, and criticism about now-shelved plans to create an award for drone pilots. ([More](#))

Bix 7 Road Race 40th Anniversary: Ed Froehlich, race director of the Bix & Road Race, has informed the community that this year's race will be free to all active duty military. The race is on **July 26** in Davenport. The 7 mile road race is annually held during late July, in the streets of downtown Davenport. The race was founded in 1975 by John Hudetz, a resident of Bettendorf, Iowa. After competing in the 1974 Boston Marathon, Hudetz was inspired to bring the excitement to the Quad-Cities with a race of his own. The inaugural race had



a field consisting of eighty-four runners. Today the race is often run by 12,000 to 18,000 runners. ([More](#))

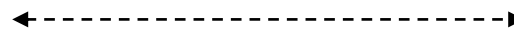
Operation Family Time Out: Open to military kids and kids of deployed civilian ages 6 weeks to 12 years. This past January at the Two Rivers YMCA, the kids had a 4-H science activity on magnets. They learned how to levitate objects using magnets. They had a super fun time learning how magnetic force works. Not only were they interested with the experiment but they had many questions about the topic. Frank, a 4-H volunteer, engaged the children in interactive, hands-on learning. We hope you can join us for another new science experiment and other educational programs that are coming up. Upcoming Programs will meet at the following YMCAs, 1-5 p.m. Upcoming programs are as follows: • **April 12** at the Davenport YMCA • **May 10** at the Two Rivers YMCA.

Tax Assistance Center: The Arsenal's Tax Center continues to assist active duty service members and retirees with filing their income tax returns. In March the Center welcomed an additional volunteer preparer with significant professional experience. Service is by appointment, with most appointments

taking about an hour and more complex returns taking somewhat longer.

Appointments are available week days through **April 15**. In accordance with IRS requirements, the tax center may prepare and submit most - but not all - federal and state income tax returns. If you suspect that your return may be especially complex, please discuss that with us when you call, and we can advise whether we will be able to prepare your return(s). To schedule an appointment please call one of our preparers at (309) 782-8076/8457/1894/1709. Please bring the following to your appointment: photo ID; social security card (or official document showing SSN); documents showing income of any type (W-2s; 1099s, etc.); documents to support any deductions/credits; last year's return; voided check or deposit slip (if using direct deposit); dependents' SSNs and birth dates.

Time: **7 a.m. - 3 p.m.**



Safety Spotlight



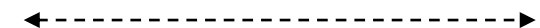
Motorcycle Riding Courses: The USAG Safety Office is offering Motorcycle Riding Courses for military personnel. The motorcycle rider training program is certified by the Motorcycle

Safety Foundation. The courses are designed to help riders manage their risk and increase their skills through riding and classroom instruction. Per DODI 6055.4, DOD Traffic Safety Program, military personnel who operate motorcycles must be appropriately licensed to operate on public highways and must have successfully completed an approved rider or operator safety course meeting the MSF-based State-approved curriculum. Any military member operating a motorcycle on or off Rock Island Arsenal must be in possession of a MSF card when they ride to verify completion of required training. The approaching motorcycle training courses are scheduled as follows: • **Basic Motorcycle Riding: June 10-11** (two 8-hour days) • **Experienced Rider Course: June 12** (one 8-hour day) Registration for either course is through the web-based AIRS system at

<https://apps.imcom.army.mil/AIRS>.

Each course size is limited to 12 riders.

If you need further information please contact either [Nancy Carlson](#) or [Michael Chaplin](#) via phone extension 782-1380.



Equal Opportunity Focus

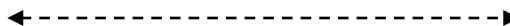


Women's History Observance: There will be a Women's History Observance on **March 26**, 1-2 p.m., in Heritage Hall, Bldg. 60. This year's theme for Women's History Month is "Character, Courage, and Commitment." Every member of the island and their families are invited to attend the observance. The observance will be available in [TEDs](#). March is a time to celebrate the contribution and honor the sacrifices and accomplishments of women who shaped the service and the nation. They persevered through social and cultural challenges and legal restraints to create a new legacy of achievement for generations that followed. They opened doors and breached barriers and inspired those who witnessed their character, their courage and their commitment. The theme was this year's observance is: Celebrating Women of Character, Courage and Commitment. For additional information or accommodations please contact [Sgt. First Class Raymond Gonzalez](#), Equal Opportunity Advisor US Army Sustainment Command, (309) 782-3021. ([StandTo!](#))



Report: Federal Workforce Shows 'Lack of Generational Diversity': The federal government needs to do a better job of attracting college students for employment to address a "lack of generational diversity," according to a recent analysis. The Partnership for Public Service noted in a report this month that employees younger than 30 make up only 8.5 percent of the federal workforce, compared to 23.2 percent of the U.S. workforce overall, based on data from the Office of Personnel Management. ([More](#))

Army Equal Opportunity Program: The Army's Equal Opportunity (EO) program formulates, directs, and sustains a comprehensive effort to maximize human potential to ensure fair treatment for military personnel, family members and civilians without regard to race, color, gender, religion, age, disability or national origin. Ultimately, the Department's effort is to cultivate and sustain an environment free of unlawful discrimination and offensive behavior. This policy applies to Army personnel both on and off the installation, during duty and non-duty hours, and in working, living and recreational environments. ([More](#))



Morale, Welfare & Recreation (MWR)



Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.

Beer Pairing Dinner at the Golf Clubhouse: Do you enjoy beer? How about fine cuisine? How about local craft brews perfectly paired with fine cuisine? If you answered yes to any or all of the above questions then you'll want to mark your calendar for Friday, **March 28**, and get your reservations now by calling (309) 782-4372. Cost is \$45/person and includes your very own Great River Brewery glass to keep. Menu: -Artisinal Irish cheese and bread board - Traditional Irish Breakfast -Sheppard's Pie -Fish and Chips -Stout marinated flat iron steak -Brioche bread pudding with Irish whiskey. ([Full Menu](#)) ([Flyer](#))



Trivia Night: Get up to seven of your smartest friends on Thursday, **April 3**, 6



p.m., and come wage a battle of wits against other trivia enthusiasts. This fun, multi-media, family friendly trivia competition held in the Arsenal Club (Bldg. 60) features a wide range of topics and is open to the public so invite all your trivia junky friends, the more players we get the better the prizes become. Cost is \$5/player or \$30/table of eight. Call (309) 782-6319 for more info and to sign up in advance. Advance reservations required. ([Flyer](#))

Oil Change Class: Come let the pros at the Auto Skills Shop show you step by step how to perform one of the most basic yet most important regular maintenance procedures on your vehicle. This class is just \$5/participant and the first person to sign-up receives a free oil change as we use your vehicle for the demonstration. Call (309) 782-8631 for more info and to sign up.
Date: **Wednesday, April 16**
Time: **5-6:30 p.m.**

New Fitness Center Classes: Group fitness classes at the Fitness Center are a great way to get those New Year's resolutions off to a running start. With a wide variety of class styles including rowing, spinning, yoga, TRX and our new 20:20:20 & Fit For Life classes there is sure to be something for all.

[Visit here](#) for full class schedules, descriptions and prices or call (309) 782-6787.

Auto Skills Newsletter: Check out the March edition of the Auto Skills newsletter for some great info on potholes, the dangers they pose to your automobile and how we can help you avoid costly repairs. Also in this month's issue: Spring car care month specials and info on a bus trip to see a NASCAR race this spring. ([Check it out here](#))

Carwash Notice: With all the salt on the roads this time of year the carwash bay located in the Auto Skills Shop (Bldg. 351) is a great place keep your vehicle clean, shiny and rust free. If you do use the carwash please remember to close the door to the wash bay when you are finished as this cold weather wreaks havoc on the water pipes and will shut down the system.

New Group Fitness Class: Fit For Life: Fit For Life is a class designed to help you stay healthy, fit, and active throughout all stages of your life. This class combines low impact cardio, strength training, balance, and flexibility training. This class is also a great way to improve health, help you feel better, have fun, and socialize with others! Fit

For Life will help individuals improve balance, posture, coordination, flexibility, strength, and endurance through instructed guidance using light weights, resistance bands, stability balls, medicine balls, indoor track and various other pieces of equipment. The class is offered in six-week sessions for \$18 for civilians and \$16 for military or just try 1 class and pay the drop-in fee of \$3/class. Call (309) 782-6787 for more info and to sign up. ([Flyer](#))
Time: **9-9:45 a.m.**

MWR Leisure Travel Office

Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

No Limit, Deep Stack Texas Hold 'Em Tournament: Think you've got the best poker face in town? Come prove it Saturday, **March 22**, at 5 p.m., at the Arsenal Island Golf Clubhouse's semi-annual No Limit, Deep Stack Texas Hold 'Em Tournament. Entry fee is \$50 with the option for a \$20 add-on. There will be lots of prizes, giveaways and goodies. Doors open at 5 and cards start flying at 6:30 p.m. Great food and drink specials will keep you satisfied and at



the table all night long. Call (309) 782-4372 for more info and to register.
([Flyer](#))

Tales of a Fourth Grade Nothing:

Circa 21 children's theatre presents: Tales of a Fourth Grade Nothing. It is a humorous look at family life and the troubles that can only be caused by a younger sibling. This play teaches children about responsibilities and how to recognize certain feelings they have, whether with family or friends, and that the emotions they have are ok. Discounted seats on sale until **April 5** ... \$9 per person.

Date: **Saturday, April 19**
Time: **10 a.m.**

Monster Jam: Monster Jam will be coming to the iWireless Center for two days. Leisure Travel has discounted tickets available for \$20 for adults and \$13.50 for children under 12-years-old. On sale until **April 28**.
Date: **Saturday, May 17**
Time: **7 p.m.**

FMWR's 1st Nationwide NASCAR

Race Bus Trip: Leisure Travel/Auto Shop have seats available for the bus trip to the Iowa Speedway in Newton Iowa. Bus will depart from the Auto Shop at 6:30 a.m. please arrive early for

refreshments compliments of the Auto Shop. ½ stop to and from the Iowa Speedway. You are allowed to bring a small cooler. Cost of trip is \$69.
Date: **Sunday, May 18**
Time: **6:30 a.m.**

Walt Disney Military Promotion

Tickets: Disney has renewed the Armed Forces Salute for yet another year. The offer will run **Sept. 29, 2013 – Sept. 27, 2014**. Qualified individuals may purchase up to a maximum of six theme park tickets during the period. Four-Day Park Hopper tickets \$169 Four-Day Water Park & More tickets for \$169 Four-Day Park Hopper tickets plus the Water Park & More option for \$198, **April 13** (no theme park or water park use) **July 4** (no Magic Kingdom use) Please allow three weeks for ticket arrival when ordering.

Universal Studios Orlando: This special ticket is good for unlimited admission for three days over a seven consecutive day period from first redemption. Universal Orlando Resort is more than a theme park, it is an entire universe of action and thrills featuring two spectacular theme parks unlike anything else in Orlando. Ticket expires on **May 9**; unused days shall be forfeited.

Davenport Cinemark 53rd 18 + IMAX

Theatre: Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

Child, Youth & School Services

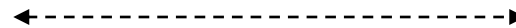
CYSS In-Service Day: The Child Development Center, the CD Home, Family Child Care Homes and the School Age Center will be closed for In-Service Day on Friday, **May 23**. Fees for this day will not be reduced, refunded or prorated. Department of Army maintains a strong commitment to training and career growth. The secret of a high quality, well- run program for children lies in the training of its personnel. This day is set aside annually for staff to participate in required training and appreciate them for their hard work and dedication. Training is essential to ensure that each child is receiving quality care. Training allows staff to learn about current knowledge and research of child development and early childhood education. Training opportunities ensure teachers have the



time to revisit policies and procedures designed to maintain a safe and developmentally appropriate environment. Staff are revitalized through networking with others and sharing ideas. Thank you for your continued support and strong commitment to our programs and staff. If you have any questions regarding this closure day, please contact your specific program director.

Exploring Theatre Arts at the School Age Center: The kids at the School Age Center have had 4-H lessons on Theater Arts. They are learning how to become more confident and expressive in front of others. In February they will participate in activities that enhance their voices, facial expressions and body language. They will perform simple pantomimes in small groups. They will also be telling jokes and reciting tongue twisters in front of their peers. Last, they will participate in Reader's Theatre. The kids will practice scripts and then read them in front of an audience. This is a great way to encourage and develop reading skills while engaging in a cooperative and fun activity. Coming up in March, the kids will be participating in service learning activities. On **March 31** there will be a guest presenter from the American Red Cross. She will be

teaching the kids about basic first aid. [For more information on what the School Age Center offers.](#)



Army Community Service (ACS)

ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here.](#) 24/7 Sexual Assault Hotline: (309) 229-8412

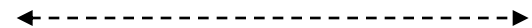


Money Smart Week in the QCA April 5-12: National "Money Smart Week" will be observed April 5-12. Our local QCDollarWi\$e financial literacy group in cooperation with various sponsoring organizations are conducting an educational event: Money Smart Family Night on Friday, April 11, 6-8 p.m., at the Martin Luther King Center, 630 – 7th



Avenue, Rock Island. This financial education event is free, open to the public and it is on a walk-in basis. Refreshments are provided. For more information, contact RIA Federal Credit Union, Nichole Burton, (563) 355-3800 x1107. This event is for educational purposes only and not endorsed or supported by the Federal Government.

Army Emergency Relief Kicks Off 2014 Campaign: AER begins its annual fundraising drive in April. The theme of this year's Campaign is "A Soldiers First Choice." The money is used to fund grants, scholarships, and gift cards for Wounded Warriors. Organizational key persons will begin contacting our military personnel and retirees soon. For more information or to make a donation, contact Army Community Service at (309) 782-1499 or jon.c.cook.civ@mail.mil or the installation campaign coordinator, Staff Sgt. Bryan Lineback, (309) 782-2131, bryan.lineback@us.army.mil.



Employee Assistance Program



For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

National Sleep Awareness – March 2014: Did you sleep well last night? Your answer to this question could tell others much about your mood and energy level today. It has been found that the emotion centers of the brain are over 60 percent more reactive after missing a single night's sleep ([ScienceDaily, 2007](#)). To anyone who has suffered a sleepless night, these results probably aren't surprising. However, they do offer insight into the link between depression, anxiety, and sleep problems. If you find that you have more than an occasional poor night's sleep, or if you feel exhausted during the day despite sleeping through the night, it may be a sign that you are suffering from depression, anxiety or another mental health condition. Contact the EAP at (309) 782-4357 for free and confidential counseling and referral assistance. You can also access an

anonymous mental health screening at www.militarymentalhealth.org. Don't let depression or another mental health condition get in the way of your good night's sleep.

Assertiveness Training: Do you want to learn strategies to communicate effectively and to enhance yourself personally and professionally? Sign up for Assertiveness Training. Classes will be offered **April 8, May 6, June 10, July 8, Aug. 12**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (key word 'assertiveness') or call (309) 782-2552 to reserve your spot. Sponsored by: Employee Assistance Program

Time Management: Do you feel that there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Sign up for a Time Management class. Classes will be offered **March 25, April 22, May 13, June 24, July 22, Aug. 26**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (key word 'Time Management') or call (309) 782-2552 to reserve your spot. Sponsored by: Employee Assistance Program

PTSD Support Groups: You don't have to go through this alone. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

Grief Support Group: The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays, 3-4 p.m., at Bldg. 56, 1st Floor, Room 122. For more information, contact Rita Baugh, EAP counselor, at (309) 782-2552.

Smoking Cessation Group: Spring is just around the corner. What better time to kick the habit. The Employee Assistance Program offers an ongoing educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 56, 1st Floor, East Wing.

Education/Training Review

The Rock Island Army Education Center is located in Bldg. 56, 1st floor,



west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

FEEA Taking Applications for 2014-15 Scholarships: The Federal Employee Education and Assistance Fund announced it is taking applications for its 2014-2015 FEEA Scholarship Program. The program, which began taking applications Jan. 2, is open to civilian federal and postal employees with at least three years of service by **Aug. 31**, as well as to their spouses and dependents. Active duty and retired military service members and their dependents are eligible only through a sponsoring civilian employee spouse. Applications must be postmarked no later than **March 28**, FEEA said. ([More](#))

Save the Date - Spring Employment-Education Event: On Wednesday, **April 16**, the U.S. Army Garrison Rock Island Arsenal is hosting a combined Employment-Education Event, 9 a.m. to 2 p.m., in Heritage Hall, Bldg. 60. If you missed our last big Event in September, mark your calendars now. More than 50 employers, colleges, universities, and veteran service organizations will be on hand to assist

service members, family members, and veterans seeking employment or education and training opportunities. If you are preparing for a new career, thinking about starting a business, or interested in pursuing further education, please join us. Point of contact: [Stephanie Allers](#), or (309) 782-5895 for further information.

Army Emergency Relief Scholarship Applications Now Available On-line: AER scholarship on-line applications for Army Spouses and Dependent Children of Active Duty Soldiers, Retirees and the Fallen are now available through April at www.aerhq.org and look under the Scholarship button, or go directly to www.aerhq.org/dnn563/Scholarships.aspx. For more information call (309) 782-1499 or jon.c.cook.civ@mail.mil. The AER Scholarship brochure can be viewed at www.riamwr.com/acs/emergency-relief.

NDIA Lifetime Achievement Awards: Nominations are being accepted for the Lt. Gen. (Ret) Lawrence Skibbie award for Lifetime Contributions to National Defense, the Maj. Gen. (Ret) William Eicher award for Lifetime Contributions to the Weapons Industrial Base and the Maj. Gen. (Ret) Paul Greenberg award for Lifetime Contributions to the

Ammunition Industrial Base. Applications must be postmarked no later than **April 12**. Send nominations to Jimmy Morgan, 289 Niabi Zoo Road, Coal Valley, IL 61240 or jimcmorgan@aol.com. Application details at www.ndia-ia-il.org.

NDIA Academic Year 2014-15 Scholarship: Applications for the Iowa Illinois Chapter NDIA Academic Year 2014-15 scholarship are now being accepted. The scholarship application may be found at www.ndia-ia-il.org. Applications must be postmarked by **March 24**. Call (563) 650-3252 for further information.

Sgt. Paul Fisher Academic Year 2014-15: Scholarship Applications for Academic Year 2014-15 Sgt. Paul Fisher Scholarship are now being accepted. High school senior sons and daughters of active duty, reserve, and retired military members in Iowa and northwestern Illinois are eligible to apply. Applications are available on the chapter's web site, www.ndia-ia-il.org. Applications must be postmarked by **March 24**. Call (563) 650-3252 for any additional information.

2014 IA/IL WID Scholarship: Applications for the IA/IL Chapter WID



2014-15 academic year are now being accepted. The application may be found at www.widiic.org, and must be postmarked by April 14. Questions: Contact Chioma Ezeugwu, (309) 269-7148 or e-mail:

scholarships@widiic.org.

Date: **Monday, April 14**

Time: **3 p.m.**

Commissary / Exchange

The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

AAFES & DeCA Advisory Council

Meeting: The Council Meeting of these agencies is to provide input and feedback that will service the best programs and services to the RIA community and is an avenue where compliments and concerns can be addressed regularly regarding the Exchange and Commissary facilities. Serving: Army, Navy, Marines, Coast Guard, Air Force, National Guard, Reserve components, Retirees, Family Members and DoD civilian employees. Advisory Council meets on **March 20** at 1 p.m. in the Commissary Conference Room. POC to participate: Carl Wolfe, Bldg. 333, (309) 788-4940; Patricia Umana, Bldg. 334, (309) 782-4614.

Arsenal Archive

Information for the *Arsenal Archive* is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

Rock Island Arsenal Historical

Society – April 2014: The Rock Island Arsenal Historical Society will have its

monthly meeting at 6 p.m., Thursday, **April 3**, in the Veranda Room of the Arsenal Island Golf Course Clubhouse. The menu will be a tossed salad with breadsticks, chicken with rice, steamed broccoli, rolls and a Chef's Choice dessert, all prepared by the Golf Club kitchen, \$14, including tax and tip. This event is open to both members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. Guest speaker will be Rich Morthland, a communications instructor at Black Hawk College. Morthland has served as a representative in the Illinois Legislature. For reservations call Monica (563) 650-4349 or Linda (563) 355-6165 or email

chiicaliinda@aol.com. Reservations are due by noon on Monday, **March 31**. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at (309) 782-3518.

This Week in Rock Island Arsenal

History – March 17-30: On March 17, 1941, the RIA organized the RIA Armament Machinist Training School. In March 1868, the old Rock Island wooden wagon bridge, purchased by the



government from the City of Rock Island, was destroyed and carried away by ice. During the month of March 1945, the workers of Shop L (Bldg. 250) completed 310 machine guns. On March 22, 1903, RIA employees formed Local 81 of the International Association of Machinists (IAM) Union. Work on the dam of Locks and Dam 15 began in March 1932.

Healthbeat

Know Signs of Concussion, TBI: The Department of Defense released the "Traumatic Brain Injury Awareness for Soldiers and Leaders" guidelines in June. These guidelines direct commanders and Soldiers as to how to treat concussions. The Cannoneer reviewed these guidelines in a continuing effort to raise awareness about TBI during March. Dr. Jason Albano is supervisory neuropsychologist at the Fort Sill TBI clinic. "At Fort Sill we are continuing to provide mental health care services to Soldiers, and they aren't going to lose any access to our clinic. "We continue to train other health care providers on post to do assessments, and to look for signs of TBI and other behavioral health issues in returning Soldiers. Evaluation and

assessment of concussions is still very much a priority, to accurately diagnose and assess Soldiers who experienced blasts or concussive injuries," Albano said. "One of our greatest issues is still getting the message to Soldiers as quickly as possible that they should have an expectation of recovery if diagnosed in a timely manner. TBI, also referred to as a concussion, is definitely the type of injury where people can get better. A concussive brain injury is like a bruise on the brain. If it is given a chance to heal, it will get better with time and rest," Albano said. ([More](#))

Notes for Veterans

Veterans' Unemployment Edges Down But Remains High: The unemployment rate for veterans who served since 2001 dipped slightly in 2013 to 9 percent, the Labor Department reported Thursday. That's down from 9.9 percent the year before, but well above overall civilian unemployment levels of around 7 percent over the same period. The youngest veterans, aged 18-24, posted an ultra-high jobless rate of 21.4 percent, said the agency's Bureau of Labor Statistics in its annual review of unemployment among former members of the armed services. ([More](#))

Social Security Launches Expedited Veteran Disability Process: Social Security claims from veterans with a Veterans Affairs Department disability compensation rating of 100 percent permanent and total have a new process that will treat their applications as high priority and issue expedited decisions. Carolyn W. Colvin, acting Social Security commissioner, said the new process is similar to the way the agency currently handles disability claims from wounded warriors. ([More](#))

Vets With ALS Now Automatically Eligible For Grants: Veterans and active-duty military with service-connected amyotrophic lateral sclerosis are now presumed medically eligible for grants of almost \$68,000 to adapt their homes. Department of Veterans Affairs, which announced the change this week, provides specially adapted housing grants of up to \$67,555 to help fund the cost of building, buying or adapting a home. As a result of the change, vets and service members with service-connected ALS, also known as Lou Gehrig's disease, now will be determined medically eligible for the maximum grant. ([More](#))

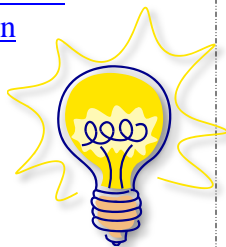


Carpooling Announcements



Submit carpooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

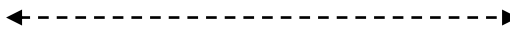
Did You Know?: The [AMTBP \(Army Mass Transportation Benefit Program\)](#) is a program where Army employees can qualify for up to \$245 in reimbursements for use of mass transportation (to include van pooling). ([More](#))



Carpool:

- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). ([Email](#))
- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.
- **Carpool:** New hire with flexible hours seeking to pay for ride from

Moline 9th & 53rd, (Franklin School area) (309) 757-5755.



Around the Q.C.



March 19-22: [Gathering of the Green](#) (RiverCenter, Davenport)
March 21: [NCMA QC Chapter Trivia Night with Mr. Trivia](#) (Knights of Columbus Hall 1111 W. 35th St. Davenport)
March 21-23: [QCCA Flower and Garden Show](#) (QCCA Expo Center, Rock Island)
March 26: Stand Down for Homeless Vets Taco Dinner, 5-7 p.m. (American Legion Post 246, 1623 15th St., Moline)
March 28-30: [2014 Writing My Way Back Home: Midwest Veterans Writing Workshop](#) (Cedar Rapids Veterans Memorial Building)
March 29: [Davenport Chordbusters Spring Show](#) (Bettendorf High School Performing Arts Center)
April 12: [Bandits Race to Home 5K](#) (Modern Woodman Park)
April 12: [Run for Renewal 5K](#) (Sr. Concetta Park, Davenport)
April 26: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
May 2-3: [Army JROTC 7th Annual "Blue Devil" Raider Challenge](#) (Naval Operations Support Center, Bldg. 218, Arsenal Island)
May 3: [Village in Bloom: Festival of the Arts](#) (Village of East Davenport)
May 3: [Derby Day Party](#) (Arsenal Island Golf Clubhouse)
May 3: [Venus Envy](#) (Bucktown Center for the Arts, Davenport)
May 10-11: [Beaux Arts Fair](#) (Downtown Davenport)

May 17: Armed Forces Day Celebration, 11 a.m. - 3 p.m., Brady Street Stadium Complex, Davenport

May 17: [5th Annual You Were Made for This 5K](#) (Young Life, Moline)

May 17: [Livefit With Lupus Run 5K](#) (LeClaire, Iowa)

May 17: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

May 26: [49th Annual Quad Cities Criterium](#) (Downtown Rock Island)

June 3-7: [Quad Cities Senior Olympics](#) (Rock Island)

June 6-7: [Rhubarb Festival](#) (Aledo, Ill.)

June 6-7: [22nd Annual Gumbo Ya Ya](#) (The District, Rock Island)

June 7-8: [QC Pridefest](#) (Downtown Davenport)

June 12: [Hot Rod Magazine Power Tour](#) (Isle Casino Hotel, Bettendorf)

June 12-15: [19th Annual Rally on the River](#) (Centennial Park, Davenport)

June 14: [Run for the Hills XC 5K](#) (Crow Creek Park, Bettendorf)

June 14: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

June 14-15: [Juneteenth](#) (LeClaire Park, Davenport)

June 15: [30th Annual Ride the River Bike Ride](#) (Downtown Davenport)

June 16: [12th Annual YSB-Whitey Verstraete Memorial Golf Outing](#) (Pinnacle Country Club, Milan, Ill.)

June 17-21: [145th Annual Rock Island County Fair](#) (Rock Island County Fairgrounds, East Moline)

June 21: [Inaugural Micro Brew Mile & 6k Road Race](#) (Moline)

June 21: [Royal Ball Run For Autism 5K](#) (Milan, Ill.)



June 22: [Blossoms at Butterworth](#) (Deere Family Homes, Moline)
June 27-28: [Greek Cultural Fest](#) (Assumption Greek Orthodox Church, East Moline)
July 3: [Red, White & Boom!](#) (The District & Downtown Davenport)
July 3-5: [30th Annual Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)
July 4: [Firecracker Run & Parade](#) (East Moline)
July 4: [Bettendorf Old-Fashioned 4th of July](#) (Bettendorf)
July 7-13: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)
July 10-12: [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)
July 12: [Case Creek Obstacle Run 5K](#) (Coal Valley, Ill.)
July 12: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
July 17: [AUSA Annual "A Round For Our Soldiers" Golf Outing, at 12 p.m.](#) (Arsenal Island Golf Course)
July 25-26: [43rd Annual Street Fest Presented by the MVRBC](#) (Downtown Davenport)
July 26: [41st Annual Quad-City Times Bix7](#)
July 29-Aug. 3: [95th Annual Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
July 31-Aug. 3: [43rd Annual Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)
Aug. 2: [British Auto Fest](#) (LeClaire, Iowa)
Aug. 7: [2nd Annual Freedom Run 5K](#) (East Moline, Ill.)
Aug. 7-9: [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)
Aug. 8-9: [22nd Annual Ya Maka My Weekend](#) (The District, Rock Island)

Aug. 9: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
Aug. 9-10: [28th Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)
Aug. 15-16: [10th Annual River Roots Live & Rockin' Rib Fest](#) (LeClaire Park, Davenport)
Aug. 16: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 22-24: [World Series of Dragracing](#) (Cordova Dragway)
Aug. 23: [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)
Aug. 30-31: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 1: [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)
Sept. 5-21: [East West Riverfest](#) (Various QC Locations)
Sept. 6: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
Sept. 6: [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)
Sept. 6: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 6-7: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 13: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
Sept. 19-20: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 20: [15th Annual WQPT Brew Ha Ha](#)
Sept. 20-21: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)
Sept. 28: [17th Annual Quad Cities Marathon](#)
Sept. 26-28: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Oct. 4: [Night of the Running Dead 5K](#) (Davenport)
Oct. 4: [GiGi's Super Hero Run](#) (Bettendorf)

Oct. 11: [Trinity Quad Cities Classic Regatta](#) (on the Mississippi River in Moline)
Oct. 11: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
Oct. 12: [Apple Fest](#) (Downtown LeClaire, Iowa)
Oct. 23: [Fright Night](#) (The District, Rock Island)
Oct. 25: [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)
Oct. 25-26: [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)
Nov. 22: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 22: [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)
Nov. 22: [Holiday Pops Concert](#) (Downtown Moline)
Dec. 7: [19th Century Christmas](#) (Butterworth Center, Moline)

Island Insight



Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor
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